INSTRUCTIONS FOR PREPARATION & USE

Always wash hands thoroughly with soap & water and sanitize bottle and/or pitcher before preparation. For best results, mix Gelmix powder into lukewarm liquid (about 106°F) per dosage recommendations below. Mix well until powder is completely dissolved. Allow to thicken 5 minutes, then mix again before feeding. Always test temperature before feeding. Discard leftover preparation.

**SLIGHTLY THICK**
(aka Thin Nectar)
Add 2.4g* for 5-6 fl oz

**MILDLY THICK**
(aka Nectar)
Add 2.4g* for 3-4 fl oz

*Jars include a 1.2g scoop for mixing smaller increments. The single serving stick packs include 2.4g of thickening powder.

Proud Silver Sponsor of IDDSI. Instructions designed for use with IDDSI framework (www.iddsi.org). Tests performed by Parapharma Tech.

For more: gelmix.com/mixing-instructions

Visit Gelmix.com to search for a list of local retailers and DME suppliers near you.

Available on Amazon Prime

We Care

Medicaid patients that are denied coverage may be eligible for our patient assistance program to purchase Gelmix at a reduced cost.


@GelmixThickener

@HealthierThickening

Get a FREE Sample Pack at Gelmix.com!
Use the following coupon code: FREESAMPLE
Limit 1 coupon per user. Cannot be used in conjunction with other coupons. Valid only at gelmix.com.

store.gelmix.com

For Breast Milk & Formula

Nature’s Healthier Thickening Option

For More Information
WWW.GELMIX.COM
Gelmix was designed as a healthier alternative to cereals.

**Thickens Breast Milk & Formula**
Thickens breast milk without breaking down the way cereals do.

**Tasteless, Odorless, Smooth**
Dissolves completely into warm infant milk and flows easily through a nipple.

**Maintains Nutritional Balance**
Cereals significantly displace fats & proteins in the infant’s natural diet. Gelmix thickens without adding bulky starch or excessive calories.

**USDA Organic. GMO Free. Arsenic Free.**
There are recent concerns over high levels of arsenic in rice cereal. Gelmix is free of heavy metals, hypoallergenic and made without genetically modified ingredients.

---

### Supplement Facts

<table>
<thead>
<tr>
<th>Serv. Size</th>
<th>2 scoops (2.4g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>52</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount/serving</th>
<th>%DV for Infants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Carb.</td>
<td>2g *</td>
</tr>
<tr>
<td>Fiber</td>
<td>1g *</td>
</tr>
</tbody>
</table>

* Daily Value (DV) not established

**gelmix® vs Rice Cereal**
(Based on an average daily consumption of 28 oz)

<table>
<thead>
<tr>
<th>Tablespoon(s) Per Day</th>
<th>Calories Per Day</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

46 Calories Per Day

210 Calories Per Day

---

For More Information: www.gelmix.com

Buy Gelmix Online: www.gelmix.com/store

---

Parents & Pediatricians Recommend Gelmix

My son has terrible reflux and was spitting up often. I first tried thickening his bottles with oatmeal cereal, but he continued to spit up. **Both my pediatrician and GI doctor recommended Gelmix.** As soon as we started using it in my son’s bottles, he literally stopped spitting up immediately. It has been a miracle product for my son!

Our speech therapist recommended Gelmix for my daughter. **This has been a game changer for her.** We were using rice cereal to thicken her bottles and she wasn’t making progress with her aspiration. She has gone from a honey thickness to almost not needing any thickener at all.

My son aspirated and ended up getting a g-tube at 6 months because of it. **His speech therapist recommended Gelmix and it has been a life saver!** My son was able to get his g-tube removed around 14 months of age and now, at 20 months, he still uses the Gelmix for naptime and bedtime bottles. I would definitely recommend this product to anyone that needs to have their breastmilk or formula thickened.

---

Connect With Us!

Visit gelmix.com to read & share more testimonials. Connect & talk with other parents on our social media pages or join our Pediatric Feeding Support Group on Facebook.

Facebook.com/GelmixThickener
Facebook.com/groups/GelmixSupport
Instagram.com/HealthierThickening